



# TRUSTEE'S ANNUAL REPORT

01/06/20 – 31/05/21



Kindred Minds - CIO registered in England and Wales (1161849) Kindred Minds, The Activity Room, 1<sup>st</sup> Floor, Lee Valley Millennium Centre, Childwall Valley Road, Liverpool L25 2PR -  
Email [kindredmindsliverpool@gmail.com](mailto:kindredmindsliverpool@gmail.com)

Facebook Kindred Minds Merseyside.

# 1. INTRODUCTION AND PERFORMANCE/ACTIVITIES

- CHARITABLE STATUS AND OBJECTS

The organisation was first constituted in April 2012. The charity was incorporated as a Charitable Incorporated Organisation with the Charity Commission on 27/05/2015, under the terms of the Memorandum and Articles of Association dated 23/03/2015

The objects of the charity are:

To relieve the needs and to promote and preserve the good mental and physical health of those suffering from any form of mental ill health resident in the Merseyside area, in particular, but not exclusively by:

A) The provision of help, support and advice through peer support;

B) The promotion of social inclusion by providing access to creative health and wellbeing activities;

C) To provide a "safe place" where information, problems and experience can be exchanged and discussed; and

D) Promoting a better understanding of mental health and helping to reduce the stigma, oppressive attitudes and behaviours associated with it.

- PRINCIPAL ACTIVITY

Our organisation was born out of the need to provide a safe place where people with poor mental health could meet to offer each other support.

We are based in Liverpool and run activities using space and facilities from our base in Lee Valley Millennium Centre Belle Vale L25. We also deliver from time to time activities at other sites across Liverpool and visit various locations as part of the excursions/walking activities.

Overall, our work assists our service users with their mental health recovery and wellness, which enables them to lead more positive, confident and active lives both in society and with their families.

- REVIEW OF THE BUSINESS/OPERATIONS

Organisation and administration

The charity's board of Trustees meet every 6 weeks. The charity did not have any employees in the year under review however did engage freelancers/self employed workers to support the trustees with the development of the charity and its programme and to provide sessions/workshops/courses as part of the programme of activity. The charity is largely volunteer-led and has in-kind support from various stakeholders including PSS.

The trustees of the charity during the year under review were:

- Kathleen Whitehead (Chair)
- Veronica Hughes
- Corinne Jones
- Anj Anwar
- David Stevenson
- Rosemary Kay

Members:

All Trustees are the members – there is currently no wider membership. The charity is limited by guarantee and does not have share capital, and therefore the trustees have no beneficial interest in the share capital of the charity. All Trustees are members of the Board of Trustees, and do not receive remuneration for their services in this capacity.

Training and capacity: In the period, trustees attended training on social prescribing and managing finances. These were held face to face. The following training was postponed due to coronavirus restrictions – safeguarding, minute taking and roles and responsibilities for trustees. These are programmed in for the coming months.

During this period, we did not hold our usual strategic planning day due to coronavirus restrictions. Instead, we added additional agenda items to the board meetings which allowed the board to consider specific areas, such as risk review, stakeholder relationships and funding opportunities.

- **ACTIVITIES AND ACHIEVEMENTS JUN 2020– MAY 2021**

Our charitable work and programme in this period were supported by **The Yapp Charitable Trust, The National Lottery Community Fund; Mental Health Sustainability Fund, LCR Cares, Foyle Foundation (received May 2021, applicable for spend in 21/22 financial year)**. Due to coronavirus restrictions we were unable to hold our annual summer fete fundraiser.

We offered a varied programme of support and activities (a mix of former, adapted and pilot) in the period of reporting.

We embarked on the year with some key priorities which were to continue to deliver our programme of activities. In line with government guidelines, we offered a hybrid programme of in-person and online activities and support.

By the end of the reporting period, we had 112 registered service users with 100 attending activities/support.

From the 1<sup>st</sup> June, until 6<sup>th</sup> July, all our activities remained remote. Activities included, mindfulness, yoga, coffee mornings with quiz and tai chi. We also offered befriending calls weekly.

From 6<sup>th</sup> July, we were able to resume in person weekly walks and in person coffee mornings. Yoga was delivered both in-person and online. Tai Chi remained online for all of this period. F

In August 2020, we introduced in person history talks. Following on from the success of this, a history walk was held in September 2020.

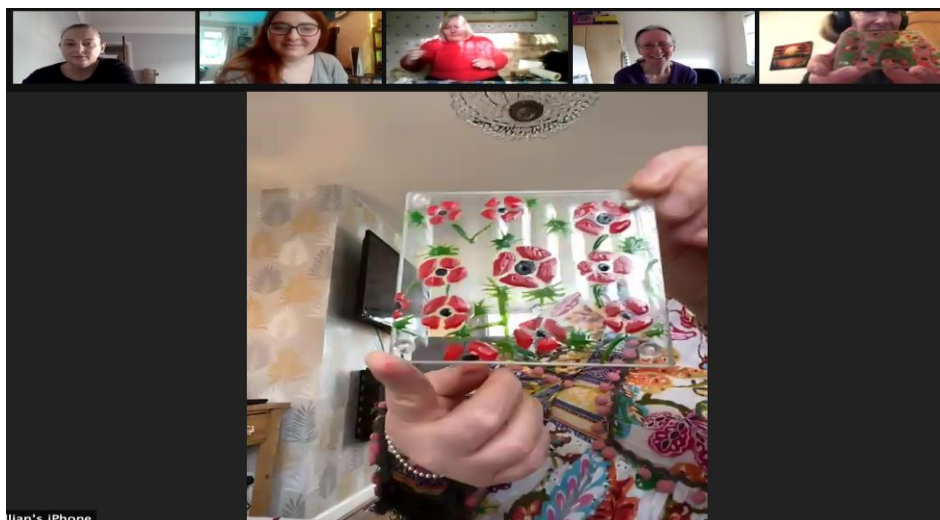
Throughout the winter and up until the easing of restrictions on April 12<sup>th</sup>, all our activities were delivered online; with the exception of 1-2-1 walks which were permitted throughout the 3<sup>rd</sup> lockdown. Group walks resumed with a maximum of 6 from the 29<sup>th</sup> March. From April 12<sup>th</sup>, we held outdoor coffee mornings, until 17<sup>th</sup> May, after which we could arrange them indoors.

Yoga was offered both face-to-face and online from 7<sup>th</sup> May.

### **We provided the following June 20 - Mar 21:**

#### **Services:**

- Mindfulness 44 x 1hr sessions ran online, delivered by one of our volunteers, Marc. With 8 unique attendees joining as regular service users
- Yoga – delivered by a qualified Yoga instructor – we ran 48 x 1.15hr sessions, all online and 1/2 in person. 22 unique attendees, service users attending on a regular basis.



Online craft session – January 2021

- Arts & Craft – we ran 12 x 1hr online craft sessions with 12 unique attendees, with most attending on a regular basis. In May 2021, we started calligraphy online with 10 unique attendees in the first week. This programme runs into the new financial year.



- Walk & Talk – Group walks recommenced in July 2020. We held 26 x 2hr weekly group walks, with the opportunity for refreshment and a chat during the period until May 2021. We held 11 one-to-one walks between January and March 2021, in line with coronavirus restrictions. Group walks had 13 unique attendees.



- History Walk & Talk – In September 2020 we also held a history walk & talk around Gateacre with 5 attendees.

- Coffee mornings – we held online coffee mornings from 1<sup>st</sup> June-Mid September and resumed in person coffee mornings at Belle Vale community centre café from September until November lockdown. We reverted back to online coffee mornings until April 2021, when we started back outdoor coffee mornings. We resumed indoor, face to face coffee mornings. We ran 48 online/face to face coffee mornings with quiz and other activities. Coffee mornings had 14 x unique attendees.



January 2021 online coffee morning



May 2021 face to face coffee morning

- Media studies – we held a handful of media studies workshops in September 2020, with 4 unique attendees, learning how to podcast.
- Welfare/befriendly calls – during the times that restrictions were in place or members were isolating, we provided 2hrs a week of welfare calls, to an average of 3 service users a week. There were 15 unique service users who accessed this support on a regular basis.
- VOLUNTEERS & BENEFICIARIES

In total we had 1 volunteer delivering the weekly mindfulness sessions. The buddy scheme was not required due to DWP not holding in person assessments during this period. We are resuming the buddy scheme from summer 2021.

100% of our beneficiaries were people living with a mental health condition or have/experiencing mental ill health.

From our postcode mapping beneficiaries are from across the city from more than 22 postcodes.

We have not captured all of the ages of our service users, however from those we have the majority are over 40 years of age.

Through supporting people in their mental health recovery and wellbeing our aim is to improve their quality of life. We believe we achieved this through our programme of activities and services and from the feedback from service users and evaluation of our activity programme.

- Promotion and sharing of our work: we have maintained our relationships with sector organisations, including CCG, LCVS, Health Watch, Richmond Fellowship, The Brain Charity and PSS amongst others. We've engaged with social prescribers and take referrals through this pathway, including CAB and local GP practices. This is enabling us to reach new service users which is evident in the increase in engaged service users.

In early 2021, Kindred Minds launched a new website. This offers broader access for potential service users and partners to find information about us. This will be developed over the coming months, with a view to start blogging with service users again. The website is complementary to our continued Facebook and Twitter platforms.

- THANKS & ACKNOWLEDGEMENTS

Throughout this period, we said our goodbyes to Janet (former activity co-ordinator) and wished her the best for the future. We welcomed Carol Soutar who took over the role in November 2020.

We would like to thank Janet & Carol for their contributions to Kindred Minds during this period.

We also said our goodbyes to Paula Harrison (former programme manager) who worked tirelessly and creatively during one of the toughest years we have seen. We wish Paula the very best in her new role.

At the very end of this report's period, we welcomed Helen Osborne, our new programme manager. We are looking forward to great things from Helen in supporting the great work that Kindred Minds does.

We also give thanks to all the brilliant team of sessional workers that have successfully and productively provided services throughout the year, including Cath (Yoga), Angela (Tai Chi), Narissa (Arts & Crafts), Marc (mindfulness), Howard (media) and Steve (History).

Thanks also goes to Denise Bernard (Momentum Expedite Consultancy LTD) who continues to support Kindred Minds in a consultancy capacity, following 4 years spent as our development worker. Her support, insight and continued commitment to the charity has helped support us through this difficult year.

We'd like to give thanks to Christine (Belle Vale centre manager) and Viv (Valley Community Food hub) for their support, in particular regarding supporting our coffee mornings and positive promotion of our work.

Our sincere thanks also go to our funders who have supported us throughout the pandemic, The Yapp Charitable Trust, The National Lottery Community Fund; Mental Health Sustainability Fund, LCR Cares, Foyle Foundation (received May 2021, applicable for spend in 21/22 financial year), without whom we could not have supported our service users throughout this year.

Our penultimate thanks goes to PSS and their personnel for their continued support and partnership work. Together we have collaborated to provide positive services for those in need within the community.

Finally our thanks goes to our fellow trustees for their tireless efforts, commitment and tenacity.



## **2. 2020-21 TRUSTEES FINANCIAL REPORT INCLUDING INDEPENDENT EXAMINERS REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS**

### **FINANCE:**

Income/funds are generated through:

- Applying for grants to support the delivery of our activity programme
- We hold an annual fund raiser with our members and stakeholders which contributes towards core costs (not held due to the pandemic)
- We accept donations

### **YEAR UNDER REVIEW:**

The Receipts and Payments Accounts appended show a total income for the year of £43,822, a total expenditure of £31,060 resulting in a total net income of £12,762. However the charity carried over from 19/20 financial period £11,163 of which £11,033 was restricted grant funds to be spent in the 19/20 financial year and £130 unrestricted.

At 31/05/2021 the charity carries forward £23,925 which represents a restricted fund balance of £23,795 and an unrestricted fund balance of £130.

### **FUTURE STRATEGY**

The charity holds a planning event annually. Our annual planning event usually focuses on the needs of our beneficiaries, evaluation of our work and; our ability to manage the charity effectively and income generation and fundraising plan. The charity's core fixed costs are low, however in order to deliver activities we are reliant on securing grants and donations. The charity was successful in being awarded grant funding for 5 years for the period Apr 20 – Mar 25.

### **RESERVES POLICY**

The charity currently has no employees or long term liabilities and therefore our current reserves policy is to build up the equivalent of 3-months' worth of core (non grant funded) fixed costs/ liabilities. The trustees will devise a strategy as to how this can be achieved.

### **RISK REVIEW**

The charity has relatively low fixed core costs but can only deliver its activity programme if grants or donations are secured. The charity achieved its strategy to identify multi-year funders for revenue with the 5 year grant funding award from The National Lottery Community Fund in Dec 2019. Annually the charity will identify and apply for the small percentage of match funding it needs as part of this award.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Kindred Minds

No (if any)  
1161849

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
01/06/2020

To

Period end date  
31/05/2021

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Grant Income	-	-	-	-	-
- National Lottery Community Fund		30,750		30,750	17,500
- JMF				-	6,000
- Yapp CT		2,000		2,000	2,000
- Foyle Foundation		4,000		4,000	
- Mental Health Sustainability Fund		344		344	
- LCR Cares		6,728		6,728	
- EL Rathbone				-	1,000
Donations			-	-	700
Funds Introduced			-	-	-
Fundraising			-	-	204
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	-	43,822	-	43,822	27,404
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	43,822	-	43,822	27,404



Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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[illegible]



**B1 Cash funds**

Bank current account		23,727	-
Petty cash	130	68	-
	-	-	-
<b>Total cash funds</b>	<b>130</b>	<b>23,795</b>	<b>-</b>

(agree balances with receipts and payments account(s))

OK

**Unrestricted funds**  
to nearest £

OK

**Restricted funds**  
to nearest £

OK

**Endowment funds**  
to nearest £

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-



## B5 Liabilities

		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Accountancy accrual		100	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>A. Anwar</i>	A. ANWAR	15-10-21
<i>K. Whitehead</i>	K. WHITEHEAD	15-10-21





# CHARITY COMMISSION FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

Report to the trustees/  
members of

Charity Name  
Kindred Minds

On accounts for the year  
ended

31 May 2021

Charity no  
(if any) 1161849

Set out on pages

1

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 May 2021**

Responsibilities and  
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

Signed:

Date:

28/10/21

Name:

P Taylor

Relevant professional  
qualification(s) or body (if  
any):

ACIE

Address: 74 Brook Vale

Liverpool L22 3YB

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of  
any items that the  
examiner wishes to  
disclose.**





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Kindred Minds

No (if any)  
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For the period  
from

Period start date  
01/06/2020

To

Period end date  
31/05/2021

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**Endowment funds** to nearest £

[illegible]



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**Unrestricted funds**  
to nearest £

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**Restricted funds**  
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**Endowment funds**  
to nearest £

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-



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		-	-
		-	-
		-	-
		-	-
		-	-

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		-	
		-	
		-	
		-	

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Signature	Print Name	Date of approval
<i>A. Anwar</i>	A. ANWAR	15-10-21
<i>K. Whitehead</i>	K. WHITEHEAD	15-10-21





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